

# Effectiveness of Self-Care Program on Patients' Knowledge with Cholecystectomy

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## ABSTRACT

**Introduction:** The provision of self-care assistance for cholecystectomy patients results in the management of illness conditions to maximize well-being or in the ways selected by an individual to improve living circumstances. campaigns for cholecystectomy education and quality improvement promotion. To encourage self-care, decrease hospital readmissions, and increase patient satisfaction, all associated medical centers use quality control measures and support interventions.

**Objective:** To evaluate the effect of self-care education on knowledge of patients with cholecystectomy.

**Materials and Methods:** A quantitative quasi-experimental research design study was conducted to fulfill the early mentioned objectives using a pre-posttest technique for two groups of samples (study and control) from November 12, 2022 to March 15, 2023. The study included a non-probability (purposive) sample of (60) patients and was conducted in surgical wards at AL- diwaniya hospitals and the Gastrointestinal of Centre. SPSS software version 21 was used to analyze the data, which was significant at p 0.05.

**Result:** study's findings revealed that the effectiveness self-care program on patients' knowledge with cholecystectomy was high significantly. Also shown findings was highly significant difference in the study group about their knowledge about cholecystectomy during pre and post-test with P value = .000, which reflected good improvement in their knowledge. While, no significant difference was presented among responses of the control group during the pre and posttest at P = .078.

**Conclusion:** this study found that an educational program is an effective to improve patients' knowledge about self-care after cholecystectomy, which can lead to better outcomes, decreased complications, and improved patient satisfaction and quality of life. It is recommended that healthcare providers consider implementing such these programs to improve the quality of care provided to patients.

**Keywords:** Effectiveness, self-care, program, patients' knowledge, cholecystectomy.

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